



# PREF PROPELLER

Volume 1, Issue 17

May 9, 2007

## **SUPT.'S CORNER**

**By: Michael Lloyd, Superintendent**

I would like to announce to everyone that I plan to re-vamp the process of the dorm representatives meetings. It has come to my attention that many of you have questions about what these meetings are for and what is discussed. Also, it has not been clearly communicated to staff or residents the results of the meetings. The following is a description of the way that the meetings will operate from this point on.

The dorm representatives will now be required to present one agenda to the Administration for review no later than the close of business, every Wednesday. This means that the dorm representatives will need to meet with one another prior to meeting with Administration staff. Hopefully this will allow the dorm reps to discuss similar issues and possible solutions in order to provide a proposal at the Thursday meeting.

Meetings will continue to occur on Thursdays following the four o'clock count. Recently the dorm rep meetings have been cancelled due to conflicting schedules. I appreciate everyone's understanding. Unfortunately, this happens, and will happen again, I'm sure. However, with an agenda to review, it may be possible to address issues without having a full meeting.

From now on, an article documenting the dorm rep meetings will

appear in the PREF Propeller weekly. This article will include topics covered in the dorm rep meeting and results of the discussions.

I look forward to this new process and hope that it works as well as I think it will.

## **EMPLOYEE APPRECIATION WEEK**

**By: Dalton Haney, PIO**

Today, Monday, May 7, 2007 marks the beginning of Correctional Employee Appreciation Week. There are several events planned for the week to show our staff that they are indeed appreciated. Monday's event is a Beef Stew cook-off. Staff have prepared beef stew in order to feed staff for lunch and participate in a little friendly competition. No events have been planned for Tuesday due to Election Day. Wednesday's event is a Staff Re-Call which will be held in the Chapel at 1:00 p.m. Following the Re-Call, staff will enjoy a small surprise.

Thursday, May 10 will be InShape Indiana Day. On this day, the Recreation Building will be closed to the residents and opened for staff use. Staff is encouraged to bring gym clothes with them and exercise prior to or after their shift. Staff who have the day off are welcome to come in at any time during the day. Mr. Brady, Culinary Arts Instructor, will be leading a bicycle ride

and a basketball game is scheduled. To participate in the bike ride, gather in the parking lot at 4:00 p.m. and to participate in the basketball game, show up at the Recreation Building at 5:00 p.m.

Friday will conclude Employee Appreciation Week and will include a meal prepared by the Culinary Arts class. The meal is free for staff and will begin at approximately 11:00 a.m.

## **PREF GOSPEL CONCERT**

**By: Dwight Cobbs, PIO Clerk**

All PREF residents as well as staff members are invited to the first annual PREF Gospel Concert. The concert will take place on Tuesday, May 15, 2007 beginning at 6:30pm.

The concert will feature the PREF Male Chorus as well as guest performers such as the Mount Olive Praise Team, New Life Worship Praise Team, Kings Way Praise and Worship Team. Also, Danny Owens and Cynthia Bynam will perform. Special guests include God's Project of Anderson.

## **TECHNOLOGY**

**By: Dwight Cobbs, PIO Clerk**

This year, Americans are projected to spend an average of 3,518 hours using the media, up from 3,333 at the start of the decade. The number of hours projected for various activities this year: 1,555 hours watching television, up from 1,467 in 2000. The estimate includes 678 hours watching broadcast TV and 877 watching cable and satellite.

- 974 hours listening to the radio, up from 942.
- 175 hours reading newspapers, down from 201.
- 122 hours reading magazines, down

from 135.

- 106 hours reading books, down an hour.
- 86 hours playing video games, up from 64.

The data are part of the Census Bureau's annual Statistical Abstract of the United States. Such statistical information can be found in the PREF Resource Library.

## **CHOLESTEROL AND YOUR HEALTH**

**By: Dwight Cobbs, PIO Clerk**

Keeping your cholesterol level down is a lot more complicated than just popping a pill or avoiding eggs. Instead, you need to know the difference between good and bad cholesterol and know what foods can be part of a healthy eating plan.

**HDL vs. LDL:** Think of HDL cholesterol as the "Happy" cholesterol and LDL as the "bad" kind of cholesterol.

**Triglycerides:** Elevated triglyceride levels are increasingly being seen as a potentially independent risk factor for heart disease. Limiting trans fats and foods high in carbohydrates can help lower triglyceride levels in your system. Try eating more fruits; vegetables; fish; fat-free and lowfat dairy; and whole-grain high-fiber foods.

**Oatmeal:** The soluble fiber in oatmeal may lower LDL levels. Some studies have shown that to lower LDL by 5 percent, you'd need to eat 5 to 10 grams of soluble fiber each day. Eating 1½ cups of cooked oatmeal gives you 4½ grams.

**Nuts:** Eating walnuts and almonds may reduce LDL cholesterol in just four weeks. You can add a small handful (14 nuts) to your diet on most days.

## **A POINT TO PONDER**

**By: Dwight Cobbs, PIO Clerk**

### **The Obstacle In Our Path**

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand! Every obstacle presents an opportunity to improve our condition.

## **BUILDING TRADES: BUILDING TOWARD A BRIGHTER FUTURE**

**By: Glen Rusher, Building Trades**

The Building Trades class gives a special thanks to Mr. Alan Werhman. Mr. Werhman has spent the last two years working with the organization of Habitat for Humanity. Thus, the hopes of having his class participate with the construction of homes for the less fortunate. This became a reality last

week as six students: Glenn Rusher, Jimmy Brown, Travis Case, Jason Currens, Brandon Johnson, and Jim Little had the pleasure to go to the job site in Danville and form-up the front and back porches, later returning to pour and finish the concrete work.

It was a great on-the-job experience for the students, gaining their knowledge in the construction field by literally being on an actual site working with others. Some students; Brandon Johnson, Travis Case, Jason Currens and others jumped right in and even gained experience in some framing aspects, as well as cutting and nailing some fly rafters.

Mr. Werhman has also talked to his students previously about how one can volunteer after they are released and build on a positive future, meeting new people they normally would not have in their past. This was a great experience and proved to be a very positive step in building a brighter future. Those we met were Christians, factory workers, and retirees volunteering their time helping others. They were all very pleasant and respectful toward us, as we were to them. When leaving the job site, some would tromp through the mud, coming to the van and shake our hands expressing their gratitude for our help and wishing us all well in our future. This would also be a great opportunity upon release to volunteer and include our children, parents, etc., and gain quality time with them doing something positive. This is a way of meeting new people, making friends, working toward building a positive, respected life after incarceration, leaving our old selves in the past to remain there.

We would also like to give special thanks to Michael Lloyd, Superintendent for allowing Mr. Werhman the

opportunity to take students on this on-the-job experience. We not only gained in the construction aspect, but a positive way to build a positive future.

Thanks to Mr. Dave Chenault, Job Site Supervisor for Habitat for Humanity, for getting a hold of Mr. Werhman asking for our assistance. He was very pleased with our performance and attitudes, and stated we were welcome anytime to volunteer and assist with this program.

Hopefully, Superintendent Lloyd will allow Mr. Werhman the opportunity to continue taking students volunteering for such a wonderful thing.

A lot more was gained, not only a future career, but also a more positive way to build on one's life. We, again, thank you Mr. Werhman, for this wonderful opportunity.



## SPORTS

**By: Dwight Cobbs, PIO Clerk**

There was a rematch between the PREF All-Stars and Wright's All-Stars, which

was played on May 3, 2007. Listed below is the final score of the game:

**Wright's All-Stars 84**

**PREF All-Stars 70**

## OPINION COLUMN

**Topic:** School Violence and the Virginia Tech incident.

The incident at Virginia Tech is viewed as an extreme tragedy that was inevitable. Only the gunman knew what his spirit was experiencing and what led him to commit that heinous act. My heart goes out to those students, first, for being ambushed by a troubled and distraught thinking young man that astonished his own family as well, by his actions.

Secondly, my heart goes out to the families because no mother, father, grandparent or sibling would or could imagine losing an immediate relative as they embarked on a journey to college to enrich their future. It's truly tragic and may God be with the families.

- Samuel Ragland #129006

The gunman involved in the Virginia Tech shooting stated in his written and video taped diaries that his school-mates bullied him, called him names, made fun of that he was a foreigner, made fun of that he was not as wealthy as they might have been, and for nearly the entire time that he attended the school. And people are still asking the question, "Why?" For the gunman to write the things that he did, video tape the things that he did, and ultimately do the things that he did, he had to have known that everybody was going to want to know "Why?" He gave his answer(s) as to "Why?" at least some of them anyway.

Our words are powerful. Our words can and will kill. Let us understand this. Those students' words were bullets to his mind, soul and spirit just as the bullets from the guns that he fired were to their bodies.

- Dwight Cobbs #891991

**Next week's topic:** President Bush vetoes bill to set a deadline to begin removing troops from Iraq.

Suggestions for The PREF Propeller should be e-mailed to Mr. Dalton Haney, PREF PIO, with a subject line of "PREF Propeller" or given to Mr. Dwight Cobbs, PREF PIO Clerk, Young dorm.